

# Be Smart, Eat Smart Wellness Challenge



**October 19<sup>th</sup> – November 15<sup>th</sup>**

The **Be Smart, Eat Smart Wellness Challenge** is a free *virtual* program that will help you eat smart by enjoying more fruits and vegetables, re-thinking your drink, eating more whole grains and right-sizing your portions. Each week of the challenge will focus on a different healthy eating strategy.

**During the **Be Smart, Eat Smart Wellness Challenge** you will:**

- Receive newsletters with the benefits of adopting healthy behaviors.
- Earn points for practicing healthy eating strategies.
- Track points on the Challenge Log.
- Receive Healthy recipes.

**Complete the challenge and be entered into a drawing for prizes!**

*Accept the challenge and register today!*

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**For more information or to sign up:**

Harnett County Department of Public Health  
910-814-6196

**Registration deadline: Friday, October 16, 2020**



**Harnett**  
C O U N T Y  
HEALTH DEPARTMENT